

An Outline on Leading Relaxation/Meditation in Prenatal Groups
Krista Farey MD, MS
9/25/14

Meditation can have a point of focus or a focus on emptiness.
Most westerners and people new to meditation need a point of focus.

Useful to practice this almost every session, if possible.
Can be between 3-15 minutes, I aim for 4-5 usually.

Background Sounds:

Can be nothing or music or sound of nature.

Some of my favorites-

Karma Moffit – Golden Bowls

Isabel Bayrakdarian – Joyous Light

Free app: “Stillpoint” A variety of water and nature sounds.

What to say:

A lot is in the voice. Take a few slow deep breaths yourself, ask for the lights to be turned off, and aim for a slow, low, slightly breathy tone, in a way that is natural to you. Suggest people sit comfortably, feet on ground, hands on thighs. Maybe roll shoulders or neck first. Talk through a few slow deep breaths.

Then there are 3 ways to go to talk through it:

1. Watching breath- follow inhale, exhale, through nose, into belly, etc. Feel stress and tension go out with out breath, light and energy come in with in breath.
2. Body scan - talk through the body and soften, loosen, warm, make heavy, each part, start feet to head, or head to feet. Extra attention to baby if you like.
3. Guided journey – talk through going to a wonderful, nourishing, relaxing place. Some examples: A meadow to leave worries behind at a worry tree. A warm beach with warm sun cool breeze and the sound of waves and birds. A journey to a find a song that is the song for your baby.

If they are into it, leave a minute or two of complete silence at the end.

Bring them back gently, lighten the breath, wiggle toes or fingers and tell them to expect the lights to come on, and to open eyes slowly.

Scripts and Resources:

There are many available, but it doesn't work so well to read from one, or memorize someone else's word for word, but they are a good place to start, and for ideas.

-App “mindfulness for pregnancy” I think free, icon is purple with profile of pregnant woman has several scripts of the above types, most are longer, “being with baby” is 4 minutes.

-“Mindful birthing” by Nancy Bardake, has lots of ideas, she also developed the above app.

-“Birthing from Within” by England and Horowitz had art projects, poetry and some guided imagery.

-“RHC Centering Resources 2008” green binder has a section on guided imagery with some scripts.

-“CenteringPregnancy Facilitators Guide” has several techniques in sessions 1,2 and 3.